



Sunday School 9:15 – 10:15 am  
 Sunday Worship 8:30 am & 10:30 am

St. Timothy ELCA is a community of faith creating  
 connection through the love of Jesus Christ

395 Valley Road, Wayne, New Jersey 07470  
[sttimothynj.org](http://sttimothynj.org)

395 Valley Road, Wayne, NJ 07470

Pastor

Director of Music

Office Manager

Church Office Email

Phone: (973) 694-8316

The Rev. Kimberly Cooper

Caroline Parody

Deb Califf

[st.tims395@yahoo.com](mailto:st.tims395@yahoo.com)

## Church Council

Josh Abrahamson .....	(201) 274-4093
Ken DeAngelis ..President.....	(201) 289-0641
Laura Dec .....	(973) 835-2348
Colleen Duffy ..Secretary.....	(973) 280-9773
Andrew Gaffney .....	(973) 634-7902
Cindy Gaffney .....	(973) 694-1595
Fallon Goskowski .....	(862) 485-2651
Marie Johnsson .....	(303) 667-2251
Valerie McGrath .....	(973) 628-1987
Karen Sajban ..Treasurer.....	(973) 229-4624
Eddy Schloesser ..Vice President..	(973) 402-1464
Barbara Westerberg .....	(973) 696-1471



# January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Office CLOSED</b> 1	2 <b>Valentine package sign-up begins</b> 	3  <u>7 pm</u> Choir rehearsal	4	5  <u>7pm</u> Line Dancing <u>6 pm</u> AA	6  <u>7pm</u> Epiphany Party
<b>Purple Hair Vote</b> 7 <u>8:30 &amp; 10:30am</u> Worship <u>9:15am</u> ** <u>11:30am</u> Coffee Hour <u>1pm</u> AA	8 <u>9-11:30 am</u> Heart 'n Hands  <u>7 pm</u> Boy Scouts	9 <u>1 pm</u> Meditation w/Movement <u>2 pm</u> Bible Study w/ Holy Communion <u>7:30 pm</u> Council	10 <u>10 am</u> Angels Circle Needleworks  <u>7 pm</u> Bells rehearsal	11	12  <u>6 pm</u> AA	13 <u>10:30 am</u> Bookworms 
<b>Purple Hair Vote</b> 14 <u>8:30 &amp; 10:30am</u> Worship <u>9:15am</u> ** <u>11:30am</u> Coffee Hour <u>1pm</u> AA	<b>TIPS deadline</b> 15 <u>9-11:30 am</u> Heart 'n Hands  <u>7 pm</u> Boy Scouts	16 <u>1 pm</u> Meditation w/Movement <u>2 pm</u> Bible Study w/ Holy Communion <u>7 pm</u> Christian Ed Committee	17  <u>10 am</u> Hymn Sing at SpringHills <u>7 pm</u> Choir rehearsal	18 <u>10:30 am</u> Adult Book Group	19  <u>6 pm</u> AA	20
<b>Purple Hair Vote</b> 21 <u>8:30 &amp; 10:30am</u> Worship <u>9:15am</u> ** <u>11:30am</u> Coffee Hour <u>1pm</u> AA	22 <u>9-11:30 am</u> Heart 'n Hands  <u>7 pm</u> Boy Scouts	23 <u>1 pm</u> Meditation w/Movement <u>2 pm</u> Bible Study w/ Holy Communion <u>7 pm</u> Worship Committee	24 <u>10 am</u> Angels Circle Needleworks  <u>7 pm</u> Bells rehearsal	25	26  <u>6 pm</u> AA	27
<b>Purple Hair Vote</b> 28 <u>8:30 &amp; 10:30</u> Worship <u>9:15am</u> ** <u>11:30am</u> Coffee Hour <u>1pm</u> AA <b>Valentine package sign-up ends</b>	29 <u>9-11:30 am</u> Heart 'n Hands  <u>7 pm</u> Boy Scouts	30 <u>1 pm</u> Meditation w/Movement <u>2 pm</u> Bible Study w/ Holy Communion	31  <u>7 pm</u> Choir rehearsal			** Regular Sundays <u>9:15am</u> Sunday School Adult Forum Adult Christian Ed Confirmation Class



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*In the bleak midwinter, frosty wind made moan,  
earth stood hard as iron water like a stone;  
snow had fallen, snow on snow, snow on snow  
in the bleak midwinter long ago.  
(ELW 294 by Christina Georgina Rosetti)*

No one actually has any idea what time of year Jesus was born. It wasn't until some 350 years after the fact that Pope Julius I set the official date of December 25. I know that there were a lot of factors involved – including other cultural and religious celebrations around the winter equinox. Instead of trying to force pagans to stop celebrating the equinox, the church gave them a Christian reason to celebrate. Presto chango!

That said, having a birthday party for God Incarnate when the weather is cold and dreary, *does* make life better. Winter can be lonely and depressing for a lot of people. It is extremely important to take that time to connect with both God and people. Unfortunately, at the same that fewer and fewer people are engaging in faith communities, our society is growing more and more lonely. In May of 2023, the Surgeon General of the USA issued a public statement claiming loneliness and isolation as an actual health crisis in our country. The statement opens with:

“Today, United States Surgeon General Dr. Vivek Murthy released a new Surgeon General Advisory calling attention to the public health crisis of loneliness, isolation, and lack of connection in our country. Even before the onset of the COVID-19 pandemic, approximately half of U.S. adults reported experiencing measurable levels of loneliness. Disconnection fundamentally affects our mental, physical, and societal health. In fact, loneliness and isolation increase the risk for individuals to develop mental health challenges in their lives, and lacking connection can increase the risk for premature death to levels comparable to smoking daily.”<sup>1</sup>

Many of the conversations I have with people *of all ages* in this congregation are about challenges of connecting to people and God in their daily lives. It isn't just homebound people that are suffering. Teens, parents, and active seniors are also experiencing loneliness even when surrounded by other people. At the same time, we are all busier than ever. It turns out that busy-ness and loneliness often go hand in hand, because work, school, and even fun activities do not, necessarily, equate to authenticity or vulnerability in relationships.

Dr. Lisa Miller of Columbia University is addressing the mental health ramifications of this pandemic of loneliness in her research. In her most recent book, “The Awakened Brain,” she gives scientific evidence (MRI scans) that parts of our brains are wired for spirituality. *It is the same part of the brain where people experience depression.* Statistics scientifically show that for people experiencing depression, a healthy spirituality significantly assists in treatment. For a surprisingly large number of people, focusing on connecting with others prevented depressive episodes.

You are all doing a great job by being active in this faith community. Attending worship, bible studies, fellowship activities. All of that is great for your health. For people too busy to engage in this community on a weekly basis, doing things like spending a few minutes in prayer each day, reading a few verses of scripture, or picking up the phone to talk with someone else that you know practices their faith can make a big difference.

This year, 2024, St. Timothy is going to work very hard to provide opportunities for people of all ages to connect to one another and to God. A big part of that is allowing people to be their own authentic and unique selves. I want everyone to know deep down inside that the One that created you sees you and loves you – just as you are. It is our job as a faith community to act on that love for one another.

As always, if you have suggestions of ways that we can better engage the community, please share them with me. Our work here in Wayne really is important – biblically and scientifically speaking.

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<sup>1</sup> Full statement found here: <https://www.hhs.gov/about/news/2023/05/03/new-surgeon-general-advisory-raises-alarm-about-devastating-impact-epidemic-loneliness-isolation-united-states.html>

# Church News

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## Three Kings Day Party, January 6

January 6 is Epiphany, the day we commemorate the Magi's visit to Jesus. Even though Magi doesn't mean king, many throughout the world celebrate this as Three Kings Day. We will join in that merriment here at St. Timothy at 7pm sharing in a Tres Reyes Cake.

Will you be the one to find baby Jesus in your piece? It will be a fun evening with games, cake, and hot chocolate. *(Donations appreciated)*

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## Purple tresses during Lent... yea or nay?!



*Youth Fundraiser for January:* One time only, you get to voice an opinion about pastor's appearance. Should she have purple hair during lent? Or is that too crazy for a proper church?

**Vote with your dollars!**

Starting on January 7 and running through the entire month, you have an opportunity to put donations into one of two receptacles (designed by the youth). One container will be for people that really want pastor to have to dye her hair. The other is for people that think that is too ridiculous.

You'll find out who won on February 18<sup>th</sup>, when you see Pastor's hair!

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## Monthly Line Dancing gets a set schedule...

First Friday of the Month

Cathe Davidson will lead her troupe in line dancing to a combination of country tunes and modern selections (think The Electric Slide and other club routines).

No experience needed, just a pair of shoes or boots that have a little slide!

Fellowship Hall, 7pm, January 5<sup>th</sup> Bring your own water & snacks!



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Free for the taking!



### 2024 Wall Calendar

There are a few left, so check the tables in the narthex, in the parlor, and in Fellowship Hall.

### 1st Quarter Christ in Our Home Reflective Readings

The newest devotional booklet has arrived. Check out the poignant prayers ushering in the new year. Then find the perfect way to prepare your heart for the Risen Lord as the entirety of Lent is contained here.



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### WELCA Valentine Care Packages = A Hug from Home



Know a college student or member of the military? WELCA is looking for names & addresses of those away from home to receive a special Valentine package. They do not need to be members of St. Timothy. Email the info to Terri Loftus ([tkabloft@optonline.net](mailto:tkabloft@optonline.net)) no later than January 28<sup>th</sup> or simply [click HERE](#) to submit electronically.



Didn't have enough fun baking for Christmas? One item always included in our packages is home-baked cookies. Let Terri know if you'll make a batch (and individually wrap) or [click HERE to use Sign-Up Genius](#). Cookies are due by February 4<sup>th</sup>.

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### Bringing Joy to the World – or at least a small slice!

Angel Circle Singers continue to bring smiles to the faces of the residents at SpringHills Care Center, 1120 Alps Road in Wayne each month. All are welcome to lend a voice as Carolyn Russo accompanies on piano the third Wednesday at 10am. Familiar songs are chosen and lyric sheets are provided. Covid has impacted the past couple of months, so check with Carolyn to see if the January 17<sup>th</sup> date will be a day to visit.

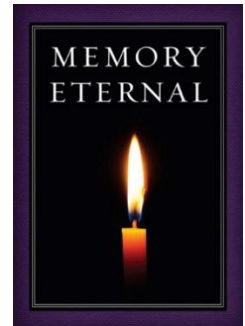




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## 2024 Flowers & Candles

Sign-up for calendar year 2024 for sponsorships for both Sunday Altar Flowers and weekly sanctuary Eternal Candles. See the bulletin board near the interior steps into the church for the paper version. [Click HERE](#) for flowers and [HERE](#) for candles if you prefer to enroll online.



Flowers and Candles are a touching way to remember & celebrate our dear family and friends by noting life events such as birthdays, anniversaries, graduations, Confirmation... or any other date that has special significance that you hold close to heart!



**NEW for 2024...** if you prefer to donate your floral arrangement rather than taking it home, the Altar Guild will make arrangements for your blooms to be given to worthy recipients, such as the sick or homebound of the congregation.

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## Heart 'n Hands Monthly Collection

*This month's product is warm winter gloves.*

*See drop-off information in H'nH section under "Missions"*



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## Coffee Hour Sign-ups have gotten so much easier!



Good old-fashioned paper sign-ups continue on the bulletin board, but did you know you can now do so online? Simply [click HERE](#) on the electronic version or go to [signupgenius.com/findasignup](http://signupgenius.com/findasignup) and use the church email address ([st.tims395@yahoo.com](mailto:st.tims395@yahoo.com)) to choose your slot today!

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Living  
Lutheran

**DON'T FORGET...**

The ELCA magazine is now totally digital & you can find it at [livinglutheran.org](http://livinglutheran.org) (or just [Click HERE](#)).

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**DEADLINE: MONDAY, JANUARY 15<sup>TH</sup>**



**ALL CONTRIBUTORS, PLEASE MAKE YOUR SUBMISSIONS BY  
THAT MORNING**

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# Looking Ahead...

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## Meeting News



The Worship Committee will NOT meet on their normal date of the first Tuesday of the month, January 3<sup>rd</sup>. Instead, for this month, they will meet Tuesday, January 23<sup>rd</sup>.

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## Youth Group... mark your calendars

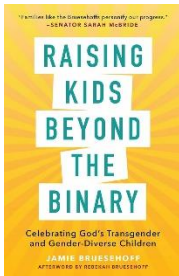
February 3<sup>rd</sup>: Join in for a tasty dinner!



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## Author evening visit and discussion

### on celebrating God's Children

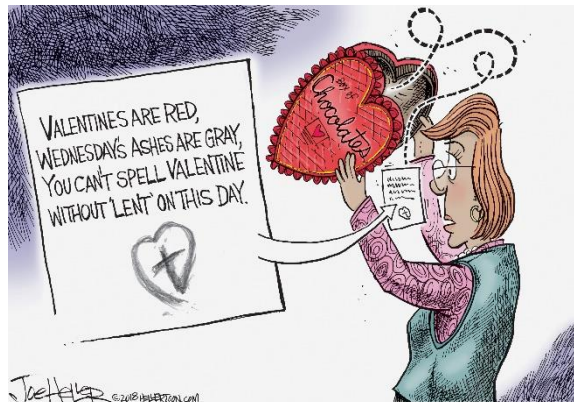


February 11<sup>th</sup>: Will be open to the entire community, so feel free to invite your friends and neighbors!

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## Ash Wednesday is early this year!

February 14<sup>th</sup>: Noontime Stations of the Cross & 7pm Service of the Word

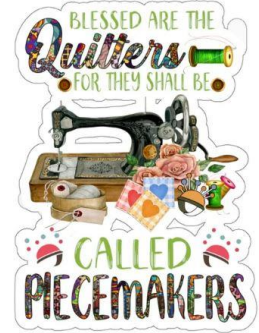




# The Bulletin Board

## Angels Circle & Knitters/Crocheters

The groups are happy for 'wannabees'. Do you wannabee part of a needleworks team? Stop on in most 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the month starting at 10am. Quilting supplies and instructions available; for knit & crochet, bring your own, but plenty of expert help is available, even for beginners!



January dates: 10<sup>th</sup> and 24<sup>th</sup>

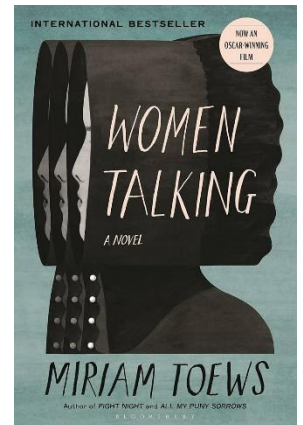
## Adult Book Group ~ January 18<sup>th</sup>



Art & Sandy's discussion group resumes this month. Join in this relaxed atmosphere of discussion of relevant faith-based readings exploring a wide swath of timely topics.

## Bookworms ~ January 13<sup>th</sup>

One evening, eight Mennonite women climb into a hay loft to conduct a secret meeting. For the past two years, each of these women, and more than a hundred other girls in their colony, has been repeatedly violated in the night by demons coming to punish them for their sins... *—from GoodReads*



For Bookworms information, contact Barbara Westerberg at 973.696.1471 on how to join in the friendly discussion.

Happy reading!

**Communion & ~ Every Tuesday**

Pastor Kimberly also arranges for home visits to provide pastoral care and to administer Communion to those unable to receive the Sacrament either on Tuesdays or Sundays. Please call or text her or contact Deb in the Office if you would like to schedule a time for yourself or a loved one.

## **Meditation with Movement ~ Every Tuesday**

Join us Tuesday afternoons at 1pm. Bring your own water bottle. The cost is \$30 per month, cash only, but pay as you go. Enjoy the companionship and reap the wellness benefits! We are open to all... not just church members, so tell your friends!

There will be no session on January 2<sup>nd</sup>.



## Sunday School ~ Every Sunday, September to June



There was lots of laughter and meaning while our entire Sunday School performed “The Organized Chaos Mixed Up Christmas Pageant” on December 17 during the Sunday School hour. This

contemporary spin on a traditional nativity play was a great way to remember the “Reason for the Season”. I changed the name after one of our practices was referred to as “organized chaos”. Thank you Pastor, I believe that was better name too.

I would like to thank all of the students and their parents for finding Halloween costumes. Carolyn Russo for playing the piano for us. Gloria Cooper, Maggie Cooper and Caroline Corbett for helping behind the scenes. Jeff Riotto for keeping our 2 narrators company in the Choir Loft. Mrs. Corbett for bring Basil to help be our sheep. And Pastor for always keeping me focused and calm.

A weekly offering has always been part of our Sunday School classes. When our children learn how to give at a young age, they will likely carry that practice into adulthood. Our offerings are an act of worship where we respond to the grace, love and mercy of God. Each of our classes will have a basket for offerings. If you still have envelopes from the past, feel free to use them. If you do not have envelopes, no worries, we have more. If you have any questions, you can always ask me.

In His name,  
Laura Dec

**Dates to Remember:**

Jan. 7 – Sunday School Classes Resume

# Birthdays & Anniversaries

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1/1	Samantha McAleer	1/22	Ryan Bedi
1/1	Brandon McAleer	1/22	Nora Bennett
1/4	Debra Sansone	1/22	Pamela O'Mealy
1/6	Brandon Kratky	1/23	Barbara Westerberg
1/7	Mike Fetherston	1/25	Lori VanDerStad
1/8	Bob Kratky	1/25	Pat Bennett
1/10	Melissa Pardalis	1/26	Ethan DeRose-Travia
1/10	Robert McHugh	1/27	Josh Dittmer
1/14	Andrew Koppenal	1/27	Jake Dittmer
1/15	Dani Dittmer	1/29	Scott McGrath
1/16	Deborah Andersen	1/29	Sue Phelan
1/17	Edward Cleaver		

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1/12 Nancy & Cliff Konnerth  
1/24 Liz & Jack Koch

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*Should you be on this list, and you're not??*

*Please email Deb at [st.tims395@yahoo.com](mailto:st.tims395@yahoo.com)*

*or call the office at 973-694-8316!*



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## NJIC Report

Happy to report the Kanaan family is well on their way to independence, thank you all for your support. As a result of this the leadership of NJIC has decided to coordinate with CWS in assisting another family. They have been assigned a family already settled in the area so there is little for St. Timothy's housing committee to do. We will monitor their situation and if needs arise we will no doubt share our many blessings. Thanks be to God!



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## GERA Request



St Timothy is continuing it's support of helping GERA serve refugees and the needy in the area. They have recently resettled two teenage boys, 13 and 14, from Syria. They were living in a restaurant in terrible conditions and have arrived here with virtually nothing. If you'd like to help, this Amazon wishlist, has clothing and things they could use:

[Click HERE to help these boys](#)

*God's Work, Our Hands.*

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## Heart 'n Hands Mission

Happy New Year! With your continued support, we are looking forward to another year of providing comfort to many in need.

We are currently accepting donations of winter clothing, coats, boots, hats, gloves, and scarves. Several organizations we support serve families with children, who need warm gloves and winter coats.

If you did not receive our December newsletter and wish to join our mailing list or would like a printed copy, please contact Cathe Davidson at [info@heartnhandsmisson.com](mailto:info@heartnhandsmisson.com). There are a few copies on the table in the narthex as well.

*"God of all time, help us enter the New Year quietly, thoughtful of who we are to ourselves and to others, mindful that our steps make an impact and our words carry power."*



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Would you like to be part of a prayer chain? If you are interested, please contact me at the number listed below.

Here's how it works: When someone calls me with a request you will be contacted to pray for that person, you will then pass the request on to one other person who will do the same. These requests will not be published.

To ask for prayer, call me and I will start the prayer chain. Requests can be as simple as "please pray for my neighbor who has to move into a nursing home?" or it can be "please pray for my daughter Ann". Feel free to give as many or as little details as you feel comfortable. Your request will be on the list for 4 weeks unless you call to continue.

Those calling with requests will be asked if it is confidential or if it can be shared. If you get my answering machine, you can simply say something like 'this is for prayers' and leave a phone number and I will call you when I get home.

Please call for any additional information,  
Barbara Westerberg ~ 973-696-1471



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## WIN Food Pantry

## *Neighbor Helping Neighbor*

Currently the Pantry is serving 170 clients, of which 50 are families with children. Here's how YOU can help:

**Donations:** Nutritious, non-perishable food-[click HERE](#) for current needs. Consider sugar-free, gluten-free, and no-salt food items for our families with members who have dietary restrictions.

**Supermarket Gift Cards:** Donations of Shoprite gift cards, in denominations of \$10 or \$20, are useful to the pantry in a variety of ways and are always welcome.

**Volunteer:** You can also donate your time and talents as well as encourage your religious or service organization to work with us to become better informed about the needs in our community.

**Dedications:** If you would like to make a donation "In Honor of" or "In Memory of" please add all of the pertinent details into the "notes" section of the online donation form or as an enclosure with your check if being sent by mail. This information should include the person's name and address of where you would like an acknowledgement card sent, as well as your own name and address.

### **The food pantry hours are:**

Mondays & Wednesdays: 1:00 to 4:00 pm

Tuesdays: 9:00 to 11:00 am

Thursdays: 9:00 am to 12:00 pm

Fridays: 11:00 am to 1:00 pm

*Food donations may only be brought to the pantry  
on Tuesdays, Thursdays, and Fridays  
during normal business hours or by appointment.*

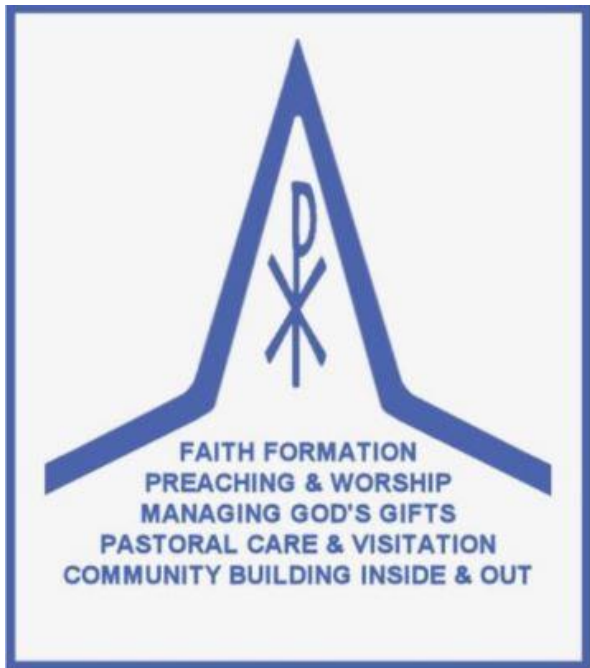
*Call us at 973.595.1900 first to be sure someone will be there.*





DATE	Altar Guild	Ushers	Acolyte	Assisting Minister	Reader
January 7	Valerie McGrath	Sue & Chris Phelan	Lauren Bedi	Carolyn Russo	Robin Koegel
January 14	Karen Sajban Nancy Farina	Jeff Riotto Karen McAleer	Mia Fernandez	Josh Abrahamson	Bob Davidson
January 21	Lori VanDerStad Diana DeAngelis	Cindy Gaffney Ethan Gaffney	Lillian Johnsson	Ken DeAngelis	Karen Sajban
January 28	Ilona Oosterwyk Terri Loftus	Lisa & James Koppenal	Andrew Koppenal	Karen McAleer	Art DeRose

# St. Timothy Business & Service Directory



## BUSINESSES



### Evalyn Johnson's Granddaughter:



LeashNLather@gmail.com  
www.facebook.com/LeashNLather

505 Saddle River Road  
Saddle Brook, NJ 07663

### Tastefully Simple

Laura Dec, Consultant  
Midnightangel2@optonline.net  
[www.tastefullysimple.com](http://www.tastefullysimple.com)

Simplified Lifestyles through  
Convenient & Unique Gourmet Foods

(973) 835-2348

ID# 0059231



## Sandy's Art Studio

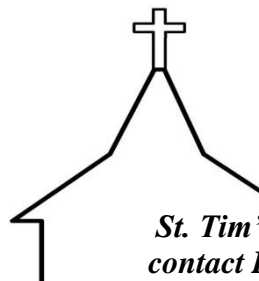
Come join us and experience the joy of art!

- Oil painting • Pen & Ink •
  - Color Pencil • Drawing • and more •
- We get kids to think out-of-the-box, learning creativity

Age 5 to Adult

1st lesson free • Wayne, NJ

Call: 973-956-7654 • Email: [kittykay2@yahoo.com](mailto:kittykay2@yahoo.com)



St. Tim's Business/Service Listing  
contact Deb Califf at 973-694-8316  
or email at [st.tims395@yahoo.com](mailto:st.tims395@yahoo.com)